

Harry L. Coomes Recreation Center

Spinning Class Schedule

January / February 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Sunrise Spin 6:15 – 7 am Energy Zone 10:30 – 11:15a Cranked 6 – 7 pm	4 Spin-Tuition 8:15 – 9 am Spin-Tuition 10:15-11 am Cycle Mania 6 – 7 pm	5 Energy Zone 10:30 – 11:15a Cranked 6 – 7 pm	6 Spin-Tuition 8:15 – 9 am Spin Doctor 9 – 9:55 am Cycle Mania 6 – 7 pm	7 Hot Wheels 9 – 10 am Twilight Spin 4:45 – 5:30	8 The Peloton 8:15 – 9:15 am
9	10 Sunrise Spin 6:15 – 7 am Energy Zone 10:30 – 11:15a Cranked 6 – 7 pm	11 Spin-Tuition 8:15 – 9 am Spin-Tuition 10:15-11 am Cycle Mania 6 – 7 pm	12 Sunrise Spin 6:15 – 7 am Energy Zone 10:30 – 11:15a Cranked 6 – 7 pm	13 Spin-Tuition 8:15 – 9 am Spin Doctor 9 – 9:55 am Cycle Mania 6 – 7 pm	14 Hot Wheels 9 – 10 am Twilight Spin 4:45 – 5:30	15 The Peloton 8:15 – 9:15 am
16	17 Sunrise Spin 6:15 – 7 am Energy Zone 10:30 – 11:15a Cranked 6 – 7 pm	18 Spin-Tuition 8:15 – 9 am Spin-Tuition 10:15-11 am Cycle Mania 6 – 7 pm	19 Energy Zone 10:30 – 11:15a Cranked 6 – 7 pm	20 Spin-Tuition 8:15 – 9 am Spin Doctor 9 – 9:55 am Cycle Mania 6 – 7 pm	21 Hot Wheels 9 – 10 am Twilight Spin 4:45 – 5:30	22 The Peloton 8:15 – 9:15 am
23	24 Sunrise Spin 6:15 – 7 am Energy Zone 10:30 – 11:15a Cranked 6 – 7 pm	25 Spin-Tuition 8:15 – 9 am Spin-Tuition 10:15-11 am Cycle Mania 6 – 7 pm	26 Energy Zone 10:30 – 11:15a	27 Spin-Tuition 8:15 – 9 am Spin Doctor 9 – 9:55 am Cycle Mania 6 – 7 pm	28 Hot Wheels 9 – 10 am Twilight Spin 4:45 – 5:30	29 The Peloton 8:15 – 9:15 am
30	31 Sunrise Spin 6:15 – 7 am Energy Zone 10:30 – 11:15a Cranked 6 – 7 pm	1 Spin-Tuition 8:15 – 9 am Spin-Tuition 10:15-11 am Cycle Mania 6 – 7 pm	2 Energy Zone 10:30 – 11:15a Cranked 6 – 7 pm	3 Spin-Tuition 8:15 – 9 am Spin Doctor 9 – 9:55 am Cycle Mania 6 – 7 pm	4 Hot Wheels 9 – 10 am Twilight Spin 4:45 – 5:30	5 The Peloton 8:15 – 9:15 am
6	7 Sunrise Spin 6:15 – 7 am Energy Zone 10:30 – 11:15a Cranked 6 – 7 pm	8 Spin-Tuition 8:15 – 9 am Spin-Tuition 10:15-11 am Cycle Mania 6 – 7 pm	9 Energy Zone 10:30 – 11:15a Cranked 6 – 7 pm	10 Spin-Tuition 8:15 – 9 am Spin Doctor 9 – 9:55 am Cycle Mania 6 – 7 pm	11 Hot Wheels 9 – 10 am Twilight Spin 4:45 – 5:30	12 The Peloton 8:15 – 9:15 am

***MUST OBTAIN FITNESS PASSES FROM FRONT DESK IN ORDER TO PARTICIPATE IN CLASSES
\$6.00 MEMBERS / \$12.00 NONMEMBERS FOR 6 PASS CARD***

Fitness Instructors / Group Descriptions listed on back

***Classes WILL begin at times listed; participants should arrive for classes 5 – 10 minutes early in order to be prepared to begin on time

Spin classes are limited to 10 participants. Room is available for those 16 yrs and older during times that classes are not scheduled. Towels and water are recommended.

Energy Zone (Laryssa Turley)

Get in the zone with this 45 minute class that will take you through climbs, jumps, sprints and more!!! An energy boost to get you through your day!!! Suitable for all fitness levels

Cranked (Matt Hale)

An hour of challenging fun with constantly changing intervals and levels of intensity. Don't be afraid to "crank" it up for this one!! Suitable for all fitness levels.

Spin-Tuition (Nicki Honaker)

Wake up your senses with motivating music, while you jump start your heart with a blast of climbs, sprints and more!!! A class that is sure to leave you feeling recharged for the rest of the day!!! Suitable for all levels.

Cycle Mania (Lee Britton)

An hour of spinning with a variety of twists and turns in pace and intensity as well as keeping in rhythm with the newest releases.

The Peloton(Lee Britton)

Join the group of cyclists as you make adjustments in response to riders around you. A class designed to push cyclists to their leading edge to finish the workout.

Sunrise Spin (Libby Stokes)

Set your alarm early for this class that is guaranteed to start your day with a positive spin!! ". Suitable for any fitness level.

Hot Wheels (Amy Baldwin)

Okay – there are no wheels – but PLENTY of heat. Intervals, climbs, sprints, jumps and who knows what else. Bring water, a towel and lots of energy!!!

Spin Doctor (Anna Broyles)

A 55 minute class that takes you over every hill and through every valley while sprinting your stress a way. A Spin a Day Keeps the Doctor away!! Guaranteed to have you re-energized by the last jump. Suitable for all fitness levels.

Twilight Spin (Laryssa Turley)

Better than a night at the movies!!! An intense 45 minute class that will have you on the edge of your seat!!! A script full of twists and unexpected turns, you will not want to miss this!!! Suitable for all fitness levels.

Spin Instructors

Lee Britton, Libby Stokes, Matt Hale, Nicki Honaker, Laryssa Turley, Anna Broyles, Amy Baldwin

Passes for next cycle available the sixth week of each cycle

IF THE COOMES RECREATION CENTER STAFF CAN BE OF ANY ASSISTANCE IN SCHEDULING CLASSES OR WITH INFORMATION, PLEASE
CALL 276-623-5279